

GESTATIONAL DIABETES: GETTING ON THE SAME PAGE

Diabetes Education: What is the patient with GDM Learning?

Where To Turn?



GDM Curriculum

- Pathophysiology
- Diagnostic criteria
- Importance of control
- Options of control
- AADE 7
 - Reducing Risks
 - Healthy Eating
 - Being Active
 - Monitoring
 - Problem Solving
 - Healthy Coping
 - Taking Medications



Reducing Risks

Fetus

- Macrosomia
- Shoulder dystocia
- Neonatal hypoglycemia
- Jaundice
- Respiratory distress
- NICU admission
- Miscarriage

Mother

- Preeclampsia
- Preterm delivery
- C-section
- Type 2 diabetes



Healthy Eating

- Personalized meal plan
- Goals
 - Achieve & maintain normal blood glucose for pregnancy
 - Provide balanced, adequate nutrition for mom and baby
 - Provide adequate calories for appropriate weight gain



Healthy Eating

- Making healthy food choices
- Understanding portion sizes
- Label reading
- Greatest impact on blood glucose
 - Amount of carbohydrate
 - Rate of glucose absorption
 - Liquid vs solid
 - Carbohydrate alone vs "mixed meal"
- Balanced "not too much, not too little"



Healthy Eating Tools



MY PERSONAL MEAL PLAN





Being Active

- Improved insulin sensitivity
- 20 30 minutes per day
 - At one time vs split up
- DVDs, exercise bands, etc.
- Safety!







Monitoring

- Blood glucose
 - FBG 60 95 mg/dl
 - 1 − 2 hr pp
 - 1 hr pp up to 130 mg/dl
 - 2 hr pp up to 120 mg/dl
- Ketones
 - Negative
- Weight
 - Appropriate gain







Problem Solving

- Complex self-care decisions daily
- Biggest impact on outcome is day to day decisions made.
- Need to make informed decisions
- Address barriers such as environmental triggers, emotional, financial, & cultural
- Resource & support!



Healthy Coping

- Stress
 - Impact on insulin resistance & glycemic control
 - Strategies to cope and manage
- Barriers
- Resources and support!



Taking Medications

- If not at goal with lifestyle modifications, will recommend medication therapy
- Program protocol differences
 - Education vs medication management vs both





Other Topics

Breastfeeding



- Smoking cessation
- Post-partum screening



Plan / Follow Up

- Not all done in 1 visit!
- Program protocol differences
- Work with team throughout the pregnancy
 - Changing needs as pregnancy progresses
- Weekly contact to review blood glucose results
 - Combination of contact styles
 - On medications, on-call 24/7
- More frequently initially if medications needed
- Post-partum follow up appointment

Thank You!

